

## Einnahmeplan besser gesund Frühjahrskur

|        | morgens ca 7:00 Uhr |                      |                             | ca 11:00 Uhr                      | mittags ca. 13.00                      | abends ca<br>18:30 Uhr | abends ca. 20:00 Uhr |                          |
|--------|---------------------|----------------------|-----------------------------|-----------------------------------|----------------------------------------|------------------------|----------------------|--------------------------|
|        | MSM                 | Dr. R.O.<br>comp A-Z | Dr. R.O.<br>comp<br>Proflor | Dr. R.O. Element<br>Akazienfasern | Dr. R.O. comp<br>Stoffwechsel<br>aktiv | Flohsamen              | MSM                  | Dr. R.O. comp<br>Proflor |
| Tag 1  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 2  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 3  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 4  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 5  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 6  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 7  | 1 St                | 2 St                 | 1 St                        | 5g                                | 2 St                                   | 5g                     | 1 St                 | 1 St                     |
| Tag 8  | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 9  | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 10 | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 11 | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 12 | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 13 | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 14 | 2 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 2 St                 | 2 St                     |
| Tag 15 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 16 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 17 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 18 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 19 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 20 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 21 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 22 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 23 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 24 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 25 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 26 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 27 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |
| Tag 28 | 3 St                | 2 St                 | 2 St                        | 5g                                | 2 St                                   | 5g                     | 3 St                 | 2 St                     |